

HEALTH & HUMAN SERVICES AGENCY  
EMERGENCY MEDICAL SERVICES

COUNTY OF SAN DIEGO EMERGENCY MEDICAL SERVICES  
POLICY/PROCEDURE/PROTOCOL

No. S-141  
Page: 1 of 2

SUBJECT: TREATMENT PROTOCOL – PAIN MANAGEMENT

Date: 7/1/2019

**BLS**

- Assess level of pain
- Ice, immobilize, and splint when indicated
- Elevation of extremity trauma when indicated

**ALS**

- Continue to monitor and reassess pain using standardized pain scores
- Document vital signs before and after each medication administration

**Special Considerations for All Pain Medications:**

1. Changing route of administration requires **BHO**  
(e.g., IV to IM or IM to IN)
2. Changing analgesic requires **BHO**  
(e.g., changing from fentanyl to ketamine)
3. Treatment if BP <100 requires **BHO**
4. **BHPO** required for:
  - Isolated head injury
  - Acute onset severe headache
  - Drug/ETOH intoxication
  - Major trauma with GCS <15
  - Suspected active labor

**For MILD pain (score 1 - 3) or MODERATE pain (score 4 - 6) :**

- without severe hepatic impairment or active liver disease

Acetaminophen: 1000 mg IV over 15 minutes SO

**For MODERATE pain (score 4 - 6) or SEVERE pain (score 7 - 10) :**

- or refusal / contraindication to acetaminophen or ketamine

**FENTANYL:**

If <65 years of age:

- Fentanyl up to 50 mcg IV SO
- MR 25 mcg IV q5 minutes x2 SO
- Maximum total SO dose 100 mcg IV

**INTRANASAL DOSING:**

- Fentanyl 50 mcg IN q15 minutes x2 SO
- 3<sup>rd</sup> dose fentanyl 50 mcg IN **BHO**

If ≥65 years of age:

- Fentanyl 25 mcg IV SO
- MR 25 mcg IV q5 minutes x2 SO
- Maximum total SO dose is 75 mcg IV

**INTRANASAL DOSING:**

- Fentanyl 25 mcg IN q15 minutes x2 SO
- 3<sup>rd</sup> dose fentanyl 25 mcg IN **BHO**

**Special considerations for Cardiac Chest Pain & Cardiac Pacing:**

- Fentanyl 25 mcg IV x1 SO

**MORPHINE, If fentanyl unavailable:**

- Morphine 0.1 mg/kg IV SO
- MR in 5 minutes at half of the initial IV dose SO
- MR in additional 5 minutes at half of the initial IV dose **BHO**

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**BLS**

**ALS**

INTRAMUSCULAR DOSING:

- Morphine 0.1 mg/kg IM SO
- MR in 15 minutes at half of the initial IM dose SO
- MR in additional 15 minutes at half of the initial IM dose BHO

Special considerations for Cardiac Chest Pain & Cardiac Pacing:

- Administer morphine 0.05 mg/kg IV x1 SO

Additional option for trauma, burns, or envenomation injuries:

For MODERATE-SEVERE pain (score  $\geq 5$ ):

KETAMINE requirements:

*$\geq 15$  years old*

*AND with GCS of 15*

*AND not pregnant*

*AND no known or suspected alcohol or drug intoxication*

*AND have not received opioid analgesic in past 6 hours (prior to medic arrival)*

- Ketamine 0.2 mg/kg in 100 ml of NS SLOW IV drip over 15 minutes SO  
Maximum for any IV dose is 20 mg
- MR x 1 in 15 minutes if pain remains MODERATE or SEVERE SO

INTRANASAL DOSING:

- Ketamine 0.5mg/kg IN (50 mg/ml concentration) SO  
Maximum for any IN dose is 50 mg
- MR x 1 in 15 minutes if pain remains MODERATE or SEVERE SO